



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

July 25, 2005

Farmer Mimi's Message: Putting the C in CSA:

We have been overwhelmed by the generosity and support of our CSA members. We are over 80 strong this year! Each year, members' involvement in the farm grows, truly creating a community farm. This week, we'd like to give particular thanks to...

- **Shawn Bryan** for creating and maintaining Wellspring's website
- **Eric O** for bringing electrical power to our pick up shed
- **Pam Quinn** for producing our weekly email newsletter, and **Mark Dodge** for technical support
- **Claudia Marieb & Bill Goss** for much-needed massage therapy. Aaaaaahhhh.
- **Kalon Wall** for capturing the farm on film
- **NECI chefs** for cooking demonstrations at pick up (more coming soon!) **Lettuce thank you!!**

Oven Roasted Fennel

- 1 Small red onion
- 1 bulb fennel, cleaned and quartered
- 2 T olive oil
- Pepper to taste
- 2 T Balsamic vinegar
- 3 T freshly grated Parmesan cheese

Preheat oven to 375 degrees. Put olive oil in bottom of roasting pan. Coat onions and fennel by rolling in pan. Pepper lightly. Cover with foil and seal tightly. Roast for 35 minutes until tender when pierced with fork. Uncover, sprinkle with balsamic vinegar and coat with Parmesan. Cook uncovered at 375 for 10 to 15 minutes (till parmesan melts and lightly browned.)

Coming Soon:

Red new potatoes, fresh garlic, pick your own beans from the field (bring bug spray!)



The **community spirit** at Wellspring Pick up!

Selling Produce

We have cases available of cukes, zucchini, summer squash, basil and lettuce. Planning a wedding or party? Know a caterer?

Wholesale prices. Best quality around!

Member Quotes

"I want to stay here all by myself!"

Exclaimed by Claire Amelia Obeldobel, age 2, of East Montpelier, to her mother at the conclusion of their CSA share pick up.

Pesto Tip

Member Gretchen Casey suggests making pesto to freeze without the cheese. Add the cheese when you defrost it for a fresher taste. Try the simple basil pesto recipe below from the August/September issue of *Eating Well*.

- 2 cups packed fresh basil leaves
- 3 T. extra virgin olive oil
- 1 garlic clove quartered

- ¼ C. walnuts or pine nuts toasted.
- 2 T. water
- ½ t salt and ½ t. pepper

Blend in a food processor until it is smooth. Freeze for up to 6 months. **When defrosting add ¼ C freshly grated Parmigiano-Reggiano cheese.**